

# EHT GLASSWORKS HEALTH CLUB

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
Kick Starter Jack	7.30	8.00	SPIN & ABS Fronzie	07.15	08.00				SPIN & ABS Fronzie	07.15	08.00									
Core Fitness Sarah	13.00	13.45				LBT Sarah	13.00	13.00	Yoga in movement Arabella	12.15	13.15	Full Body Friday Sarah	12.15	13.00				Vinyasa Yoga Victoria	12.15	13.15
Fitness Pila- tes Mel	18.00	18.45	Dynamic Yoga Chris	18.30	19.15															

## FASTER. BETTER. STRONGER.

Abs Blast: An intense workout for your core muscles.

Kick starter: A fast paced interval training class to energise and keep you strong.

Body Con: An intense all body workout.

Bootcamp: Circuits, putting the body to the test, at your own pace.

Core : An intense class, working the whole core.

Circuits: Endurance training going from 'station' to 'station'.

Barre Fit: A class for all abilities working on improving posture, increased flexibility and stress relief.

Full Body: Varied 'stations' in Tabata style working full body!

HIIT fit: Cardio and strength class high intensity interval training.

KickFit: Intensive class that uses kicking routines to burn fat & tone.

LBT: A fun workout aimed to tone those Legs, Bums & Tums!

Spin: Indoor cycling that pushes your endurance levels.

Tabata: Hiit lunchtime hard with this energetic timed workout.

Zumba: Fun & exhilarating dance class.

Zumba Toning: A fun class of dance & body sculpting exercises using light weights.

Combination Yoga: A mix of flexibility, cardio and core strength.

Dynamic Flow: A Yoga practice of movement and breath to challenge mind and body. Strengthening, lengthening, and re-balancing.

FitBall: A fitness class utilizing the benefits of the Swiss Ball, aiding core and posture.

Kundalini Yoga: Powerful form of yoga using mantra, meditation and posture to harness the body's energy.

Pilates: Mat based class designed to target the abs and back focusing on core stability, flexibility and mobility.

Power Yoga: A more intense style of Flow with power core holds.

Revive & Restore: A nourishing practice inspired by techniques such as mindfulness, yoga therapy and Yin Yoga.

Sivananda Yoga: Using methodical posture with breathing for relaxation & core

Vinyasa flow Yoga: A combination of dynamic sequences and longer-held postures that work body and mind.

Yoga in Movement : Working through yoga movements with a more functional approach as well as posture preparation. Using self massage & to release tension.

Functional Stretch: Using elements of Pilates, Yoga and general exercise to give your body a top to toe stretch out.

Our classes are free for all members, please **sign in** at the front desk 10-15 minutes before the class starts to book your space.